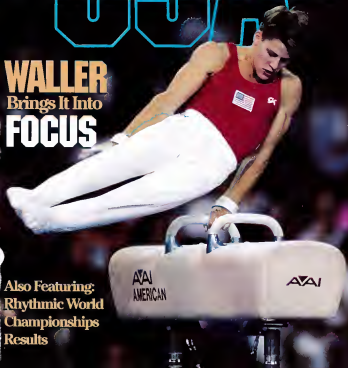


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USA GYMNASTICS

JAN / FEB. 1993 • VOLUME 22 • NUMBER 1



1992 Olympian Wendy Bruns vaults.

22

WALLER BRINGS IT INTO FOCUS

Chris Waller, a 1992 Olympian and former UCLA gymnast, has fun with gymnastics. He's chalked up more than 25 national and international competitions and still enjoys himself more than ever. Waller was elected to the USA Gymnastics Athlete's Council and announced plans to marry Cindy Okada in the summer.

(above) Wendy Bruns,
(left) Chris Waller.



1992 Olympian Chris Waller.

COVER PHOTO • USA GYMNASTICS © RAYE BLACK

USA GYMNASTICS (ISSN 0892-8583) is published bimonthly for \$2.00 per year to the U.S. all other countries \$20 per year. USA GYMNASTICS is published by USA Gymnastics, P.O. Box 1000, 200 N. Capitol Ave., Suite 100, Indianapolis, IN 46204. Second class postage paid at Indianapolis, IN and at additional mailing offices. POSTMASTER: Send address changes to USA GYMNASTICS, 200 N. Capitol Ave., Suite 100, Indianapolis, IN 46204. USA Gymnastics (USPS 0892-8583) print 0000-0000.

USA Gymnastics is the sole national governing body for the sport of gymnastics. A not for profit organization, USA Gymnastics administers and administers the U.S. Gymnastics Team, including the U.S. Olympic Gymnastics Team. Cooperation and support are also welcome and are encouraged. © 1993 USA Gymnastics. All rights reserved. Printed in the USA.

DEPARTMENTS

6

ENTRUSOL

7

SSS MARY LOU

11

EVENT RESULTS

12

TEAM SENIORS

15

CHALK TALK

16

GYMNASTICS UPDATE

30

COACHES UPDATE

34

SPORTS FITNESS

36

INJURY IN THE GYM

39

EVENT SCHEDULE

42

CLASSIFIED ADS

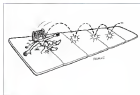
44

OPEN FLOOR

BRUCE AGAINST ALL ODDS

18

Wendy Bruce is not the average elite gymnast—in fact she defies all odds. At age 29 she was the oldest member of the women's senior national team and the 1992 Olympic Team. Winning the bronze medal at the Olympics was long on the cake to a great gymnastics career.



HOW MUCH WEIGHT CAN WE HANG ON THEM?

32

This article discusses the subject of ankle and wrist weights in gymnastics. The proper place for adding weight to athletes is during conditioning—not during skill performance.

Dear Mary Lee,

I am a Level 5 and 11 years old. I wish I was just a little younger. I practice Level 6 in the gym and really hope to compete Level 6 in 1993. Do you think I am too old? I am small for my age.

Jennifer Hum
Houston, Texas

Dear Jennifer,

Absolutely not! Kathy Johnson, a silver and bronze medalist and team captain of our 1984 Olympic Team, was 12 years old when she started gymnastics. It's best to start gymnastics at a young age, but you are still quite young. As long as you still enjoy doing it, keep it up.

Dear Mary Lee,

I'm 10 years old and in Level 5. Can you tell me how you got to good? Also, was it

fun to be in the Olympics?

Jessica Kimball
Goffstown, New Hampshire

Dear Jessica,

I've said it over and over again—practice, practice, practice! I don't believe that anyone has extraordinary abilities although sometimes it seems like Michael Jordan must. I think everyone has to work extremely hard to make their talents come out. There is no secret formula to success, just a tremendous amount of hard work, determination, dedication and believing in yourself. Of course, it was a lot fun to be in the Olympics. And knowing that I was representing my whole country gave me a true feeling of pride and patriotism.



Dear Mary Lee,

I'm 10 years old and a Level 5 gymnast. I'm scared of the beam. What can I do to get over my fear?

Kara Olson
Rindley, California

Dear Kara,

Spend more time on the beam. The only way to overcome your fear is to be comfortable on the beam. When I was working toward the Olympics at Karolyi's, we would spend

twice as much time on beam as any other event.

Dear Mary Lou,

I know that a lot of times you've said the best way to help an injury is to ice it, but how long should you ice it? Collette Davidson
Minneapolis, Minnesota

Dear Collette,

Whenever I had an injury, I would would ice it for about 20 minutes. If I had hurt ankles, I would fill a bucket with ice water and dunk my ankles into it. If it was some other part of my body, I would have pre-made ice bags ready. That's what worked for me, but please remember, only a doctor can tell you the best way to take care of an injury.

Send your questions to: *Glad Olympics, Ask Mary Lou*, P.O. Box 3011, Capital Square, Suite 100, Indianapolis, Indiana 46223.

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SIX MONTH
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Somewhere Over the Rainbow

By Sue Thoma, Owner of New Hope
Gymnastics Academy in Fountain Valley, Calif.

Dorothy grew up loving gymnastics. Though at times she got discouraged, she knew she'd never quit. For hours she'd read *USA Gymnastics* magazine, and off she would go . . . dreaming of the gold medal that lay at the end of the rainbow. But the road ahead seemed difficult; she'd have to work so hard. She didn't quite see the ability that was in her own backyard. She always looked at what others had, measuring herself to them. Although she'd see the best in the others, she condemned her own talents.

One evening she was at workout, just a normal day at the gym . . . when she took a split-off beam that sent her head in a spin. She found herself circling, circling, and suddenly she crashed from way up high to the middle of

a mat. She was soon encircled by gymnasts that seemed so very small. They looked like little munchkins, not more than three feet tall. Little ballerinas chatted around Dorothy doing leaps and fancy twists. "We just got out of ballet class, we represent the ballet girls." Then some boys came flipping by on their way to rings. "We're on the boy's team at the gym, we represent the lollipop gang." Then all the munchkins in the gym extended an open hand and in one voice they sang, "We welcome you to gymnast land!"

"I really need to find my way to the Olympic City," Dorothy said. So the coach gave her some gymnastics slippers—bright ruby red. She put them on and then asked him for some basic information. He pointed to the beam and said, "Follow the yellow brick rotation." So off she

went to the beam, where another coach met her with a grin.

Dorothy saw a girl who was very graceful and elegant on the beam and then noticed a girl so stiff, she could have been made of tin. She had plenty of power and strength, but she had very little flexibility. "I want to come with you to the Olympic City," she told Dorothy. "If I only were more flexible, I'd be a much better gymnast."

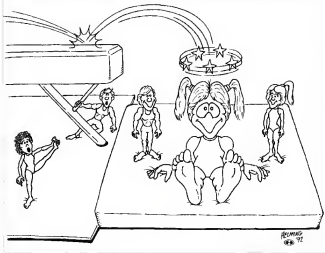
Soon balance beam was over and it was time for them to switch. They followed the rotation to bars, which was Dorothy's best event. The tin girl was strong here; you would never know she had a flaw. But the one who was graceful on beam, looked like she was made of straw on bars. Though her loose legs helped her split, she couldn't hold her body tight. She just could not keep straight, no matter how

much she was told. She said to the girls, "I'd like to go with you to the Olympic City, too, if I only had a brain in gym. I'd have some strength and form like you."

Soon they were at vault. One girl was having a tough time, she acted like a cowardly lion. She tried to be so brave and convince herself she could do it, but every time she started down the runway, she just couldn't follow through. She asked if she could come along to help her get over her fears—she wanted some "courage!"

The last event was floor, where the coach started them out with dance. "Switch legs and cattoops and turns, oh my!" they sang as they pranced around the mat. When they finished dancing, they tumbled, then stretched and said good-bye.

The next day they were all to follow their rainbow to the



sky. They thought this trip was the answer to everything that they lacked. However, when they reached the Olympic City, they were told to go back. The committee at Olympic City said, "compete and win the trophy from the number one team in the meet. Once you have won the trophy then you can return to the Olympic City."

So they headed back and trained hard in order to complete this task. If they wanted to return to Olympic City, they had to do what was asked. But something funny happened while they pushed and worked together; they seemed to gain the things they lacked. In fact, their gymnastics improved and they became better and better. They listened to their coaches

more because they had a goal—they didn't work just for themselves, but worked together as a team.

The day of the meet finally arrived and the girls felt nervous, but ready. Their adrenaline was pumping, but they were still focused and steady. They helped one another and each contributed toward the team goal. Each of the girls, along with their coaches and parents, knew they weren't alone. The tiny girl was up first on beam, she actually looked quite elegant. The flexibility she had gained was worth all the extra time she spent. The girl of snow was impressive on bars, she kept her form very tight. She used her beam to apply corrections which helped her do it right. Dorothy really

showed off her routine and had a good time on floor. She moved with more grace and confidence than she ever had before. It came to the final event and the cowardly girl was up last on vault. If they didn't get the trophy now, she felt it would be all her fault. The team was roaring, they clapped and cheered so she'd feel alright. "Courage!" she told herself and ran down the runway with all her might. The team watched intently, coaches clapped their hands and didn't make a sound. She landed a high Tsukikura and the coach jumped 30 feet off the ground. They won the meet, the champions of the day. The other teams melted under the pressure and the trophy was swept away.

They didn't have much

time left to get to the Olympic City. Dorothy grabbed her gym bag that she nicknamed "note-tote" since she carried it so much.

"Doing doing the meet's been won," they sang as they reached Olympic City. They took the trophy up to the podium and handed it to the committee. They asked all together, "NOW can you give us what we came here for?"

The committee replied, "Why you've obtained all you wanted and more. We could not GIVE it all to you, there was nothing WE could do. The abilities were always there but they had to come from inside of you. You learned things within yourselves you didn't even know you had. Things you couldn't even see before, or things you thought



were bad. Each individual is made with a unique style and special abilities. Where one gymnast has amazing flexibility, the other has incredible strength. Where one gymnast has powerful muscles, the other has beautiful endurance."

Then they gave each girl a medal as a token of what they had earned. But the awards were insignificant compared to what they had learned. "The

strong girl gained a brain in gym, and by concentrating, her form improved. The cowardly girl became a lion and the fat girl became flexible. Dorothy gained self-confidence, learning to appreciate her own ability. They also found that by helping each other they were helping themselves. It seems when you reach out to others, you are lifted up as well.

Then the committee told

them, "There is no need for you to stop. We can't take you where you want to go, you're already on your way. What you thought could never happen is within your reach already, right in your own backyard." Then they realized what they searched for, they actually had all the time—their dreams were right in front of them within their heart.

"There's no place like

gym, there's no place like gym," Dorothy said as she was clicking together her heels, and then she finally awoke. She tried to tell her coaches and teammates where she'd gone. They looked at her like she was crazy and said, "You had quite a fall!"

Dorothy learned from her dream that hard work, dedication and determination is what makes the "gold" at the end of the rainbow.

JUNIOR GYMNASTICS TOURNAMENT

The Junior Gymnastics Tournament was held in Charleroi, Belgium on October 19-26. Sarah Cain and Emily Spychala, both junior national team members, represented the U.S., along with their coaches Ricardo Appel and Jeff LaFleur. Cheryl Hamilton was the judge and delegation leader.

There were 13 countries competing, including Ukraine, Romania, Spain and the U.S. The first day was all-around competition. The Ukraine's Anna Shapoval and Antonina Nakornieva tied for first with an all-around score of 38.75. Third all-around was awarded to Spain's Silvia Santiago with a 38.625. Cain, in only her second international competition, placed sixth with an all-around score of 38.225. Unfortunately, Cain fell on floor, otherwise she would have finished in medal contention. Spychala, in her first international assignment, also had problems on floor and finished 22nd.

"Many of the gymnasts had trouble with floor because it was very hard and not what they were used to training on," said Hamilton.

On day two of competition, each team was paired with another team and awards were presented for both individual events and teams. The Spain/Romania team placed first while the U.S./Belgium combination placed fourth.

Cain won two silver medals, one on vault with a 9.90 (Vierckens layout full) and one on beam with a 9.60.

Spychala made a strong showing on floor during day two of competition. She scored a 9.40 for ninth place.



U.S.A.
Sarah Cain



Emily Spychala

"Both Sarah and Emily have great potential as juniors," said Hamilton. "Sarah has strong difficulty (double front with half dismount on bars) and shines when she performs. Emily is an extremely hard worker and an outstanding competitor."

Cain, 14, trains at the Grand Island Theatre in Grand Island, Nebraska.

Spychala, 13, trains at LaFleur's Gymnastics in Tampa, Florida.



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Have you ever wondered what happened to U.S. gymnastics stars of the past? USA Gymnastics thought it would be interesting to contact former national team members to catch up with their lives after gymnastics.

MITCH GAYLORO

Mitch Gaylord, the first American gymnast to ever score a perfect 10.00 in Olympic history, led the 1984 U.S. Olympic Team to a gold medal victory over the People's Republic of China. In addition, Gaylord captured a silver on vault and two bronze medals on rings and pommel horse. He is a two-time U.S. National Champion (1983, 1984) and two-time World Championships Team member (1981, 1983). Gaylord was an instrumental part of the UCLA team at the 1984 NCAA Championships. He won the all-around gold medal and a silver medal on rings, putting the UCLA team in first place.

Gaylord is the only U.S. male gymnast to have invented not one, but two skills that are recognized internationally as the "Gaylord Flip" and the "Gaylord 2." These are considered to be two of the most difficult and spectacular skills in gymnastics.

His incredible story of success, going from literally an "unknown" to becoming America's number one ranked gymnast in just three years, is presented in his

inspirational speech, "R.I.S.K."

After his Olympic success, Gaylord starred in the motion picture "American Anthem," and "Fun Club," his own television show. Currently, he can be seen in Levi's "Loose Fit" jeans ads on television and in print.

His most recent endeavor involves the introduction of the "Gaylord 3," an innovative workout machine designed to increase every gymnast's strength.

Gaylord has been a spokesman for various organizations and companies. He resides in Southern California with his wife, Deborah, and their two dogs, Sadie and JJ.



Mitch Gaylord

SABRINA MAR

You may remember Sabrina Mar from her unparalleled success at the 1987 Pan American Games. Mar won the all-around as well as these individual medals:

During Mar's gymnastics career, she finished third all-around at the McDonald's Challenge, a dual meet with the Soviet Union, and at the 1985 dual meet with China. Her performance at the 1985 McDonald's Championships of the USA rewarded her with three gold medals in the all-around, on bars and on floor. In addition, she won two bronze medals on vault and beam.

Mar's back problems while in gymnastics prompted her to get into physiological science and she is now involved in research projects at UCLA, majoring in pre-medicine. She recently completed a research article on the effects of the spent on the athlete's back and spoke on the message of her article at the 1992 USGF Congress. Mar expects to graduate in June of 1993.

Commenting on her gymnastics career, Mar said, "It was a very good learning experience. I am more disciplined and know how to set many short-term goals to achieve a couple long-term goals." Mar has successfully applied this to her education and future.

As a gymnast, Mar's trainer, Jack Backwell, inspired her and has given her invaluable advice. Sports medicine is one of Mar's future options. She is using her experience in the sport to give her an edge in research



Sabrina Mar

and believes that this experience will attract patients that will want a physician who has first-hand knowledge and is able to empathize with their needs.

While involved in gymnastics she had the opportunity to travel to England, Australia, South Africa, Canada, the Netherlands and China, as well as many other countries. When asked what country she enjoyed most, she said, "China, because it wasn't just another trip to compete in a meet. My parents and ancestors are from China and I was able to see the sights of China and associate with their culture."

Mar swims, bikes, lifts weights, and occasionally runs. At UCLA, she is a member of a service society, Chi Alpha Delta, and is involved in the UCLA Athletic Department as an athletic trainer in contact sports like football and basketball.

Mar would like to continue her education and pursue her Master's degree in physiological science or enter medical school.

By Rebecca L. Robinson,
Bowling Green State
University

Pacific Alliance

By Joanne Pasquale

The 1992 Pacific Alliance Gymnastics Championships hosted 13 countries for a three day team and event finals competition—October 30 to November 1 in Seoul, Korea.

The U.S. delegation included gymnasts John Roethlisberger, Chelsey Umpfrey, Sarah Balogach, Amanda Borden, Kristin McDermott and Tracy Sommer. Coaches Art Sharlock, Mary Lee Tracy, John Holman and Tony Gelman, as well as two judges, Fred Orlichsky and Joanne Pasquale, were also a part of the U.S. group. U.S.

judge Sharon Weber served as Technical Director for the Korean Organizing Committee.

In the women's team competition, China won the event, scoring 115.95. The United States earned a silver medal with a score of 115.200 and China earned the bronze medal with a score of 114.60.

McDermott, the highest all-around finisher for the U.S. with a 38.65, won the silver medal. 125 behind Lu Li's 34.775 of China. In addition, McDermott scored a 9.50 to capture a bronze medal on beam. Sommer won the bronze on bars with a score of

9.642 and placed tenth in the all-around with a score of 37.725. Borden and Balogach finished ninth and twelfth, respectively.

Although the men did not send an entire team, Roethlisberger and Umpfrey represented the U.S., placing 17th and 18th, respectively. Umpfrey and Japan's Takanashi Makoto shared the silver medal on rings with a 9.642. The Korean men clinched the team competition scoring 172.20 and the top three medal spots in the all-around. Yoo Ok Ryul won with a 57.400, followed by his Korean teammates, Han Yoon Seon and Lee Joo Hyung, with scores of 57.40 and 57.30. The team from China took home the silver medal scoring 170.65. Japan completed the



Kristen McDermott earned the silver medal in the all-around.

team competition for the bronze medal with a score of 169.80.



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USGF NATIONAL HIGH SCHOOL GYMNASTICS CHAMPIONSHIPS

This year marked the fifth annual High School National Championships, brought to life in 1988 by John Bealworth, current President of the National High School Gymnastics Coaches Association. This event celebrates the accomplishments of high school seniors across the country. This year the top six women and the top seven men from 17 states came together in College Park, Maryland, on the University of Maryland campus.

In the men's all-around competition, Nebraska placed one through three and fifth place respectively. Jason Christie, Hugh Lau, Aaron Cotter, and Tim Bergen, Texas' Peter Hogg was a solid fourth.

Christie captured three individual event titles on floor exercise, parallel bars and high bar. Lau won pommel horse, while New York's Christopher LaMorte won rings and Massachusetts' Matthew Hyme won vault.

For the women, New York's Wendy Marshall won first all-around followed by two gymnasts from Illinois, Stephanie Croggell and Kathy Lynn Krutz.

Marshall claimed three event titles including vault, bars and floor, while Marissa DeNatale won first on beam.



Men's All-Around Champions.



Women's All-Around Champions.

TEAM SCORES

Men					
1	Nebraska	167.80	3	Texas	106.15
2	Texas	160.80	4	New York	106.00
3	Illinois	157.35	5	Pennsylvania	104.65
4	Massachusetts	146.75	6	Massachusetts	104.30
5	New York	134.75	7	Connecticut	103.30
6	Wisconsin	129.55	8	Indiana	102.50
7	Virginia	117.55	9	Maryland	101.90
8	Maryland	109.30	10	Nebraska	100.80
9	Connecticut	31.90	11	Maine	99.10
			12	Wisconsin	97.60
			13	Ohio	95.35
			14	California	92.45
			15	Rhode Island	91.30
			16	Arkansas	77.85
			17	Washington	64.00
Women					
1	Illinois	107.25			
2	Virginia	106.85			

Women	
1 Illinois	107.25
2 Virginia	106.85

The Peace Cup

Gymnasts Don Brown, from the University of Iowa, and Kim Arnold, from Desert Devils in Scottsdale, Ariz., traveled to Israel to represent the U.S. at the Israel Peace Cup, November 23-30. Coaches Kurt Golder and Stacey Estlin, along with judges Lou Carson and Ken Achiron, were also part of the U.S. delegation.

Arnold, shown below, started her elite career with a pair of gold medals on vault



(9.85) and bars (9.75). Arnold won vault outscoring Laura Timmons of Great Britain and bars over Natasha Whithead, also of Great Britain.

In the all-around competition, Brenda Mord Shaul placed first with a 38.92, followed by her teammate, Maria Rubiniotti. Arnold was ninth after a fall on bars.

Brown finished fourth place in both rings (9.8) and vault (9.4) and fifth on high bar. Brown missed parallel bars and placed eighth in the all-around competition.

Belgaria's Yovanka won the all-around with a score of 37.35 followed by Hungary's Schupajay and Mexico in second and third with 36.55 and 34.85, respectively.

Dear Kim,

I'm 13 years old and a Level 7 optional gymnast. I train at Sportschools "The Children's Athletic Center." Are you interested in any other sports? Are you going to be able to get a scholarship for all of your work?

More data Wardwell.
Calumet Services, Colorado

Dear Meredith,

I like just about every sport there is. I enjoy playing around with the ones I am capable of and I envy the athletes who participate in the ones that are more difficult for me. Gymnastics has always been my favorite sport, however, I am not eligible for a scholarship.

Dear Kim,

I'm six years old and train at Phoenix Gymnastics Academy. What is your favorite food to eat before a big competition?

Therese R. Rouse
Phonetic Analysis

Dear Bennielle,

Before a competition it is important for you to feel strong and energetic. I would usually eat grilled chicken and steamed vegetables or plain spaghetti noodles prior to the event to help me feel my best.

Dear Kim,

I'm a Level 5 and 30 years old. I train at DeVos's School of Cyranastics in Indianapolis, Indiana where I watched you win the Worlds in person. Was there more pressure going into the Worlds or going into the Olympics? By the way you are my idol. You are awesome!

Abbe Sechrist
Indemnities, Insurances

Dear Abbe,

Both the World Championships and the Olympic Games were great experiences for me. There was a bit more pressure going into the Olympic Games due to the fact that the U.S. team had done so well at the World Championships in 1991.

Dear Kim,

I'm 14 years old and a Level 6 at World of Gymnastics Training Center. When you feel run down and tired, what do you find works best to be energetic?

Armand Schaefer
Boston, Texas

Dear Amanda,

There are times when I feel I don't have as much energy as usual. When this happens, I tell myself that if I can do my routine when I'm tired it will make it even easier when I've got a lot of energy. A good night's sleep could also do wonders.



Kim Zmeskal is the first U.S. gymnast to ever win the all-around at a World Championships. Zmeskal did so at age 15 at the 1991 World Championships and followed that victory with two more gold medals at the 1992 World Championships. This Houston born and raised gymnast has trained 11 years at Karolyi's Gymnastics. She won three consecutive U.S. Championship titles, two McDonald's American Cup titles and was a major contributor to the U.S.'s bronze medal in the team competition at the 1992 Olympic Games.

If you would like to ask Kim Zmeskal a question, write to USA Gymnastics, Pan American Plaza, 201 S. Capitol Ave., Suite 300, Indianapolis, IN 46225.



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William Bruce Fisher, President of a company has paid with a series of letters to help educate, inform and promote positive living habits. A portion of each letter goes to a charity forward possible benefits, a new, such connection.

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Coaching Staff and 1999 Second Round U.S. Olympic
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The Zaharias Award

Sharon Miller, along with Gail Davies (Track and Field), Vicki Goetsch (Golf), and Summer Sanders (Swimming), were nominated for the Bobe Zaharias Female Athlete of the Year Award.

Sanders won the award for this year, however, it is a great honor just to be nominated!

Every one of the 218 National Selection Committee members plays a



Shannon Miller

vital role in deciding which female amateur athletes from across the nation have the athletic prowess, strength of character and devotion to their sport necessary to merit nomination.

The Zaharias Award promises to become the definitive recognition of the best of our nation's amateur female athletes. Conceived to promote and enhance the standing of these athletes, the award pays tribute to Mildred "Babe" Zaharias, the Olympic gold medalist and champion golfer regarded as the world's greatest female athlete.

United States Gymnastics Federation

Name Change & Reorganization

Effective January 1, 1993, the United States Gymnastics Federation will conduct business as USA Gymnastics. This announcement was made at the semi-annual United States Gymnastics Federation board of directors meeting in Indianapolis, Ind.

"The name, USA Gymnastics, more accurately represents our business on a day-to-day basis," said President Mike Juck. "It will also enhance our presence in marketing and sales. We will use our former name, United States Gymnastics Federation, on a selective basis, almost exclusively in conjunction with international competitions."

The name change will include a new logo to complement the updated identity.

The board also voted to reorganize the structure of USA Gymnastics. Juck, formerly titled executive director, will now assume the title of president. In addition, two vice presidents have been appointed from the USA Gymnastics staff. Alison Melancon, vice president of events and programs, will oversee internal aspects of the organization such as the men's, women's, and rhythmic programs, as well as the safety and education department. Rod Davis, vice

president of marketing and communications, will manage the external operations of the organization including marketing, sponsorships, public relations, merchandise and membership.

Bonny Knapp, formerly the president of Indiana Sports Corporation and a current public sector member of the board of directors of the United States Olympic Committee, will serve as chair of the board. Knapp succeeds Mike Douglas whose second term expired on January 1, 1993. Knapp has long been active in the world of Olympic sports, serving most recently as the co-chair of the 1996 Goodwill Games Site Selection Committee.

Nancy Thuen Marshall, a 1972 Olympian and 4-year national team member, was elected vice chair for women on the board of directors. Marshall worked for NBC Sports for seven years (1977-1984), co-authored *Women Who Compete*, and is a pre-school instructor and dance coach in Oregon. She was one of the original members of the USGF Athlete's Council and served as chairperson from 1983-1985. She has also served on the USOC Task Force on Women and the Athletes Advisory Council.

Men's Olympic Development Program Results

The first National Evaluation of the new Olympic Development Programs took place November 20-21 in Colorado Springs, Colo.

Robert Cowan, men's programs director for USA Gymnastics, said, "We're very proud of our junior coaches and gymnasts."

The top seven in Level 4, the top eight in Level 5 and the top eight in Level 6 are now on the Junior National Team until the 1993 J.G. National Championships. The Junior National Team will attend a training camp in Colorado Springs, Colo., from February 20-27.

Level 4

1	Kevin Jensen	14.15
2	Kevin Goffman	14.10
3	Paul Luvall	14.05
4	David Robinson	13.75
5	Kevin Hapel	13.70
6	Kevin Foy	13.70
7	Ross Townsend	13.24

Level 5

1	David Robinson	13.74
2	David Luvall	13.69
3	Adam Allen	13.67
4	Kevin Appleton	13.70
5	Kevin Johnson	13.66
6	Kevin Foy	13.63
7	Jonathan Hansen	13.24
8	David Robinson	13.24

Level 6

1	Kevin Jensen	13.66
2	Kevin Goffman	13.65
3	Kevin Hapel	13.25
4	Kevin Foy	13.10
5	Kevin Jensen	13.05
6	Kevin Hapel	13.05
7	Kevin Hapel	13.05
8	Kevin Hapel	13.05

United States Olympic Committee Athletes of the Year

Shannon Miller, Trent Dumas and Jennifer Lovell were named 1992 USOC Athletes of the Year in their respective sports—women's, men's and rhythmic gymnastics.

Fifteen-year-old Miller (top right, from Edmond, Okla.), was the youngest and smallest (4-6 and 69 pounds) of the 26 nominated Athletes of the Year. Miller won five medals at the 1992 Olympic Games which tied an American record set by Mary Lee Retton in 1984. Miller's second place finish in the individual all-around was the highest finish by an American woman in a non-boycotted Olympic Games.

Dumas (middle right) became the first American male to win a gold medal on the high bar since 1932. This 23-year-old Albuquerque, N.M., resident was also the only American gymnast to earn a gold medal in the 1992 Olympic Games.

Lovell (bottom right) is from Miami, Fla., and won the Olympic Trials competition leading into the Olympic Games. Lovell, 19, finished 31st in the all-around competition in Barcelona.

The Athletes of the Year for each sport are placed on the ballot for the prestigious USOC SportsMan and SportsWoman of the Year awards. Members of the media, the USOC Board of Directors and the USOC Athletes' Advisory Council will vote for the winner. USOC will announce the winners in early January.



NCAA Today's Top Six Finalists

UCLA's Scott Kowick and University of Utah's Melissa Marlowe are finalists for the NCAA Today's Top Six. Kowick is a 1992 Olympian and 1991 and 1992 NCAA all-around runner-up. He earned a 3.342 grade-point average in mathematics and applied sciences.



Scott Kowick

Marlowe was a 1988 Olympian and five-time NCAA gymnastics champion. She graduated with a 3.870 grade-point average in exercise and sports science.

Six additional student-athletes from the full sports will be selected as finalists later this year and the Today's Top Six will be selected from those 12 finalists.

Selection is based 50 percent on athletic ability, 25 percent on academic achievement and 25 percent on character, leadership and extracurricular activities. Nominations forms are sent to all member institutions and selections are made by the NCAA Honor Committee.

Congratulations to both Miley and Scott for being nominated and representing the sport of gymnastics.

USA GYMNASTICS CORRECTIONS

In the September/October 1992 Results Section on page 19 there was a correction in the Region VI Championship results. In the Senior All-Around competition Naphysah Duncan placed first and Vanessa Vela and Laurie Pascoe tied for second.

Also in the September/October issue there was a typographical error in the

Women's Olympic Team Compulsories Score. The USA compulsory score was printed as 197.077 and should be 197.007. This figure, when added to the optional score, gives the correct total; it is also the correct sum of the four apparatus totals.

Apologies for the inconvenience!

BRUCE

AGAINST ALL ODDS



Wendy Bruce is definitely not the average elite gymnast—in fact, she defies all odds! Most female gymnasts don't compete at the elite level at 19 years old, but Bruce did. Most gymnasts who retire don't come back to competitive gymnastics, but Bruce did. Most gymnasts don't come back after having numerous injuries, but Bruce did. Finally, out of the 60,000 registered athletes by USA Gymnastics, only seven make the Olympic Team once every four years, and Bruce did. She did all these things and more. While many 19-year-olds attend college, Bruce was training for the Olympics. Bruce, who trains at Brown's Gymnastics in Altamonte Springs, Fla., retired in 1991, yet decided to go for the gold and pursue a dream.

"I love gymnastics because

it's fun," said Bruce. "I love the excitement of learning new skills, traveling, competing, and never having the same workout twice."

When asked if all the sacrifices and injuries have been worth it, Bruce replied, "Definitely! If I had quit in 1991 it would still be worth it. What some people don't understand is that you can get a lot out of gymnastics whether you make the national team or not. These accomplishments are just icing on the cake."

And icing on the cake is exactly what Bruce received in Barcelona, especially when the officials hung the team bronze medal around her neck. "When it [the medal] was placed around my neck, my life flashed in front of me in a good way. I remembered everything! It was a symbol of everything I'd gone through."

Left: Wendy Bruce competes a Yurchenko layout full at the 1992 Olympic Trials. Right: Bruce shows her style on floor.





Wendy Bruce smiles for the camera after making the 1992 Olympic Team.



Bruce and coach Kevin Brown high five after a great bar routine.

The Wendy Bruce story is parallel to many young gymnasts' lives. Bruce's parents enrolled her in a local community center's gymnastics classes at age five because she had so much energy. From there she moved to the International School of Gymnastics in Coral Springs, Fla. Since 1987, she has worked with Kevin and Rita Brown at Brown's Gymnastics in Altamonte Springs, Fla. Her gymnastics career, thus far, spans 14 years with highlights including an 11th place finish in the all-around at the 1989 World Championships, and winning both the 1989 McDonald's International Mixed Pairs and the 1990 Pyramid Challenge competi-



Wendy Bruce displays an incredibly high Tkatchev on bars.

tions. Her most recent accomplishment, of course, is making the Olympic Team and winning a bronze medal in the team competition.

"My parents (Fred and Garry) and Mr. and Mrs. Brown have been my support system," said Bruce. "The turning point in my gymnastics career was moving to Brown's. They have helped me through the hard times and went out of their way for me. I even lived with them before the Olympic Games so that I could have a complete training situation."

Bruce is the oldest member of the 1992 Women's Senior National Team and 1992 Olympic Team. When asked about being the oldest, Bruce said, "Age doesn't really matter because everyone at the elite level of gymnastics is mature. It takes a lot of discipline to be a gymnast and we're all going through the same thing."

Bruce, who toured the country doing exhibitions in over 30 cities, enjoyed traveling with U.S. and former Soviet Olympic gymnasts.

Bruce said, "The Soviets are different in person than how I pictured them. Vitaly Scherbo is very outgoing and open. My first impression of Svetlana Bogunskaya was that she was shy and introverted, but after spending many weeks with her, I realized she's not shy at all. She has no fear of anything. She attacks her skills. Out of 23 tour stops she only fell on her Olympic beam routine once. Tatiana Gutsa is a little rag rat, always getting in trouble sparring people with water bottles. She's really cute. Svetlana and Tatiana are really good friends, too."

"When asked if it was hard to maintain a good diet when she was on the road, Bruce said, "It was very hard. At home I eat when I'm hungry and I only eat a little bit. On the road you always have to eat in a restaurant or order room service and usually they don't serve just a little bit."

"The tour was really fun but it's nice to be back home," said Bruce. "I moved into an apartment with my cousin and I had thumb surgery to

repair my torn ligaments. The doctor said that I can start full workouts in the first of January."

Bruce is recuperating and relaxing from the tour and the Olympic Games. "Before the Olympics I chose to put my social life on hold, so now it's fun going out with friends and having a social life."

In addition, Bruce is looking forward to the McDonald's American Cup, March 5-6, in Colorado, Fla. "Hopefully, I can get back into shape for the competition," said Bruce. "I'm just taking it a month at a time."

Bruce received her high school diploma through correspondence courses from Tanawala High School in Tanawala, Fla., and will attend the University of Central Florida next fall. "I'd like to study sports broadcasting," said Bruce. "I'd also like to coach at Brown's new gym in Winter Park, Fla."

Bruce has beaten the odds in the sport of gymnastics. She's chosen to beat the odds in the game of life as well.



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WALLER

Brings It Into Focus

A gym-length shot for the trash can with a ball of pre-wrap and it sunk in the basket. "Oh, it's gonna be a good day," said Chris Waller as he started his warm-up.

The first impression one receives of Waller is that he has fun with gymnastics. "That's why anybody does anything, I hope. You find something you like, then you want to excel at it," said Waller.

The fun hasn't stopped since age 12 when Waller began gymnastics at the American Academy of Gymnastics in his hometown of Mt. Prospect, Ill., a Chicago suburb. "Leonard Isaacs was my coach from 7th grade until my senior year in high school and I couldn't have gone to UCLA and did what I did if it hadn't been for Leonard," said Waller.

Waller's parents were also very supportive of his gymnastics career. "My parents bought me Kurt Thomas' book for Christmas. I read it front to back 20 times. All the pages are torn out," said Waller.

Now a 1992 Olympian who's chalked up more than 25 national and international competitions, Waller seems to enjoy himself more than ever.

By Kenny Golde





Photo Courtesy: USA Gymnastics

This wealth of experience has taught Waller an important lesson—there's no substitute for preparation. On this particular day, Waller received his high bar grips as he and UCLA/Olympic teammate Scott Kessenick watched tapes before work-out. Waller said, "We watch tapes in order to improve ourselves."

If effort hones a sharp, competitive edge, Waller could not glow. He describes himself as a "ferocious competitor" and attributes the influence to his father. "My dad's the most competitive person in the world," Waller said. "A lot of fathers let you win when they play games with you, but that wasn't his style." Waller makes no secret of his competitive nature. Even Kessenick said, "It's not as if we're competing against each other, but we are."

"Perseverance," Waller added, respectfully giving credit to his mother for this lesson, "is the most important element to success of any kind."

Injuries have hampered Waller's performance and affected his ranking. In 1990 Waller sustained injuries to his ankle and rotator cuff (a shoulder) prior to the 1992 Winter Nationals. He placed sixth in the all-around competition, down from his #1 ranking at the 1991 U.S. Championships. "I hadn't done all my tricks until four days before the meet," Waller commented about the Winter Nationals. "I was happy to come out healthy and with no injuries."

Waller steadily progressed in 1992 with a first place finish on pommel horse and parallel bars at the McDonald's American Cup, a fourth place all-around showing at the Pharm-Vet U.S. Championships, and second all-around at the Olympic Trials.

At the Olympic Games in Barcelona, Waller was the top finisher for the U.S. men in the



Chris Waller

team competition, made the all-around final and finished fifth on pommel horse during event finals. Waller said that just finishing a solid routine in the final was like a personal medal ceremony. "Marching out, watching the fans cheer, that made everything worthwhile," he said.

Waller considers his fiancée, Cindy O'Connell, to be a big motivator in his success in gymnastics. Before each big competition Cindy writes him an inspirational note that he can't open until the day of the competition. "She's helped me to develop confidence," said Waller. "She helped me see that I could win the U.S. Championships and make the Olympic Team. At the Olympic Games she gave me

a coin [the Olympic mascot] figurine on pommel horse. When she gave me that coin it was like my certificate to get into the final—and I did!"

Another fond memory of the Olympic Games that Waller recalled was seeing his entire family after dismounting from pommel horse in the event final. "They were all sitting right behind the horse and when I landed I looked up and saw them all cheering. It was great."

In October of 1992, Waller was elected to the USGP's Athlete's Council, a position of vital importance to all athletes and one that he does not take lightly. His duties won't interfere with his training, in fact he just finished a 30-city, U.S.

exhibition tour with gymnasts from the former Soviet Union, including one-time Olympic Gold medalist Vitali Scherbo.

While on tour Waller observed that the Soviets have great confidence in their training. "If the USA could gain the same level of confidence as the Soviets, we would improve our ranking," said Waller.

Waller plans to continue training for the World Championships, April 12-18, and the World University Games, July 8-15, but beyond that is not sure what he will do. For now he's focused on the World Championships and would like to win a medal, especially on pommel horse, where the international community is now very aware of his presence.

And other gymnasts? Waller pauses to avoid his life outside of the demanding sport. He jokes, "I never realized I was missing anything [being in the gym all the time] until I met the right girl. We met at a party after the UCLA graduation meet in 1990." Now Waller and O'Connell are planning a wedding (June 19, 1993 in Carmel, Calif.). The couple is not sure where they will reside after marriage.

When asked where Waller sees himself in 20 years, he replied, "teaching history and gymnastics." Waller holds a bachelor's degree in history from UCLA and intends to pursue his master's degree. "I love historical television programs," he added. He admits that his broad travel experience through gymnastics has contributed enormously to his interest in the subject, especially modern European history.

Focused, dedicated and honest, Chris Waller's success comes from honoring the values of his midwestern upbringing—values which have built a foundation for life as solid as his pommel horse routine.

RHYTHMIC WORLD CHAMPIONSHIPS

A New Order

Although talk of the 1992 Olympic Games is still lingering, rhythmic gymnastics has officially moved onward with the 1992 Rhythmic Gymnastics Group World Championships and a new order has been established with the formation of the republics.

In 1991 the Rhythmic Gymnastics World Championships had grown large enough that, in order to accommodate all of the athletes, the event was lengthened to five days. Therefore, the FIG voted to establish separate group and individual World Championships, held in alternating years, making the event more manageable. 1992 was the first year for the separation and this year's competition in Brussels, Belgium, November 20-22, highlighted the group event.

The Rhythmic Gymnastics Group consists of six athletes working together as one cohesive group while demonstrating mastery of body and apparatus skills. Elements of difficulty revolve around large and complicated exchanges in equipment at a minimum distance of six meters. To receive credit for these difficulties, the six gymnasts must complete the tosses and catches simultaneously.

At this World Championships each group competed two routines—one with six



Russia's Oksana Kostina was the star of the competition, winning the all-around title.

ribbons and one with three ropes and three balls.

Twenty-one countries sent group teams to the Championships, six of those countries—Ukraine, Belarusia, Lithuania, Estonia, Slovenia and Latvia—made their debut

providing a glimpse of the interesting changes that can be anticipated regarding the strength and dominance of the former Soviet Union programs.

The former rivalry between Bulgaria and the

Soviet Union ended with the formation of the new Republics. The Russian group was the strongest of the new Republics, capturing the all-around rhythmic group medal with a score of 38.650, even though they finished second in both of the preliminary events. Spain's group, who won the preliminary ball and rope routine, won the all-around silver medal with a score of 38.55, and North Korea took the bronze with 38.30.

Because of a major execution error in the group ribbon exercise, the strong Bulgarian squad finished 15th and failed to reach medal contention.

The U.S. National Group performed two excellent routines at the highly contested event.

Training a group in the U.S. is difficult and requires bringing together athletes from across the country to one centralized training facility. Under the direction of Karen Lynn Cloven, a former U.S. Rhythmic National Team member, and Cecilia Yanes, a former Spanish National Group Team member, a group of seven athletes was assembled in Detroit, Michigan, and trained together for six months prior to the competition. Four of the seven athletes—Alana Allen from New Jersey, Carolee Bachar from California, Meredith Carrigan of Oregon and

Superior Group with Oksana Kostina

Continued on page 28

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Pictured: Shannon Miller
five-time Olympic medalist



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1992 Olympian Shannon Miller on the Adventure Ropes Course

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Tamara Levinson, a first year national team member, hit four solid routines to finish 19th overall.

Rhythmic Gymnastics Photo: Greg G.

Continued from page 25

Elizabeth Davidovich from Florida—moved to Detroit in order to train with the group. A core of three athletes—Beth Hofman, Molly Johnson, and Stephanie Lavinia—was from a Detroit squad.

"Finishing 19th was an excellent placement for the U.S. team," said Norm Hoot, USA Gymnastics rhythmic program director.

Cheer Lynn Glover said, "I was very pleased with how our girls performed. They showed both routines with a lot of excitement and really pulled together as a team."

Thirty-six individuals competed in the individual portion of the competition as a result of qualifying from the previous World Championships. The U.S. was allowed to enter two athletes.

1992 Olympian Tamara Levinson and first year senior national team member Caroline Hunt were selected as the World Championships Trials in Chicago, Ill., prior to the competition. Because that competition so closely followed the Olympic Games, many were reluctant to see which Olympians would be in attendance.

None of the Olympic medal winners were present, so the competition was highly charged with a number of athletes ready to prove themselves. The star of the event turned out to be Oksana Kostina from Russia. Three beautiful rhythmic athletes who demonstrated how choreography, music and movement can be blended together to achieve a whole effect. Maria Petrova, who had for 11 years the Games, was second and Larisa Ludyenchenko of Belarusian was third.

Levinson, 16, of the Rhythmic Gymnastics School in Rockville, Md., hit four solid routines to finish 19th overall, and Hunt, 14, from Illinois Rhythmic in Wilmette, Ill., finished 25th.

INDIVIDUAL ALL-AROUND SCORES

1	Kostina, Oksana	RUS	38.975
2	Petrina, Maria	BLR	38.400
3	Lukyanenko, Larisa	BLS	38.300
4	Asada, Chisato	JPN	38.135
5	Bandarashvili, E.	URS	38.075
6	Petrina, Diana	BLR	38.000
7	Dalarna, Irina	ROM	37.930
8	Klyushina, Ekaterina	URS	37.925
9	Ochilova, Larisa	TJK	37.875
10	Pini, Victoria	GBR	37.855
11	Iskenderova, Elina	RUS	37.800
12	Iskenderova, Olga	RUS	37.800
13	Gao, Meili	CHN	37.755
14	Leila, Petros	ARM	37.750
15	Pruta, Valeriu	ROM	37.600
16	Krasovskaia, Polina	RUS	36.950
17	Maruyama, Yukari	JPN	36.875
17	Wu, Jia	CHN	36.875
19	Lavutina, Tatiana	USA	36.750
19	Carabonara, Anneta	ESP	36.750
21	Costello, Madeline	CAN	36.700
22	Chen, Angela	CHN	36.675
23	Iskenderova, Svetlana	URS	36.575
24	Chikina, Tatiana	RUS	36.525
25	Shcherbakova, Cindy	BLR	36.500
26	Savchenko, Irina	RUS	36.500
27	Kashlinskaya, Tatyana	URS	36.475
28	Wang, Shuang	CHN	36.380
29	Shcherbakova, Irina	RUS	36.300
30	Savchenko, Maria	URS	36.175
31	Costello, Susan	CAN	36.100
32	Boysheva, Svetlana	BUL	36.000
33	Leila, Aram	ARM	35.975
34	Wetrick, Marika	USA	35.875
35	Hunt, Caroline	GBR	35.475
36	Shin, Yooja	KOR	35.325



Oksana Kostina (RUS) and Larisa Lukyanenko (BLS)

INDIVIDUAL EVENT FINAL SCORES

SCOE

1	Lukyanenko, Larisa	BLS	9.400
1	Kostina, Oksana	RUS	9.400
3	Dalarna, Irina	ROM	9.150
4	Asada, Chisato	JPN	9.075
5	Petrina, Diana	BLR	9.050
6	Bandarashvili, E.	URS	9.025
7	Ochilova, Larisa	TJK	9.000
7	Petrina, Maria	BLR	9.000

HOOP

1	Kostina, Oksana	RUS	9.800
1	Lukyanenko, Larisa	BLS	9.800
3	Petrina, Maria	BLR	9.675
4	Asada, Chisato	JPN	9.600
5	Bandarashvili, E.	URS	9.575
6	Petrina, Diana	BLR	9.500
7	Dalarna, Irina	ROM	9.500
8	Ochilova, Larisa	TJK	9.400

BALL

1	Kostina, Oksana	RUS	9.750
2	Petrina, Maria	BLR	9.600
3	Asada, Chisato	JPN	9.600
4	Petrina, Diana	BLR	9.575
5	Lukyanenko, Larisa	BLS	9.500
6	Dalarna, Irina	ROM	9.425
7	Bandarashvili, E.	URS	9.375
8	Maruyama, Yukari	JPN	9.300

CLUBS

1	Kostina, Oksana	RUS	9.775
2	Petrina, Maria	BLR	9.700
3	Asada, Chisato	JPN	9.650
4	Petrina, Diana	BLR	9.625
5	Dalarna, Irina	ROM	9.500
6	Bandarashvili, E.	URS	9.525
7	Pini, Victoria	GBR	9.475
8	Savchenko, Maria	URS	9.400

GROUP TEAM SCORES

#	Country	Ball & Hoop	Ribbons	Total Score
1	Russia	18.250	18.400	36.650
2	Spain	17.900	18.250	36.150
3	U.S. of America	17.800	18.300	36.100
4	Italy	18.100	18.000	36.100
5	Ukraine	18.200	18.200	36.400
6	China	17.750	18.000	35.750
7	Ukraine	18.000	18.000	36.000
8	Germany	18.100	18.100	36.200
9	Japan	18.000	18.000	36.000
10	France	18.000	18.000	36.000
11	Belarus	17.700	18.000	35.700
12	Poland	18.450	18.250	36.700
13	Hungary	18.400	18.200	36.600
14	Belarus	18.200	18.200	36.400
15	Bulgaria	18.000	18.000	36.000
16	United States	18.000	18.100	36.100
17	Belarus	18.400	17.700	36.100
18	Israel	18.200	17.950	36.150
19	Latvia	17.900	18.200	36.100
20	Austria	18.200	18.000	36.200
21	Ukraine	17.400	17.300	34.700



The U.S. rhythmic gymnasts. Back row left to right: Caroline Hunt, Molly Johnson, Stephanie Louisa, Elizabeth Davidovich, Tamara Levinsson. Front row left to right: Meredith Carrigan, Elizabeth Halloran, Alicia Albe and Carmie Bachar.

USA GYMNASTICS—HOT ON COACHES EDUCATION

When USA Gymnastics hosted a Sport Science instructor training seminar at the National Congress in Anaheim, Calif., attendance originally expected was tripled.

We were participating between 20 and 25 people," said USA Gymnastics Coaching Development Coordinator Dave Moskovitz. "We ended up with 70."

These 70 newly trained Sport Science instructors underscore USA Gymnastics' commitment to provide quality education to its coaches. They also represent the highest number ever to attend a single ACEP, American Coaching Effectiveness Program, instructor seminar.

Impressive as that statistic is, it had to share center stage in Anaheim with another staggering event: 188 coaches, went through a Sport Science class.

"I think the response was the result of the perceived need for formalized coaching education in gymnastics," said Moskovitz. "The gymnastics community is ripe for coaching education."

USA Gymnastics is filling this need through the Professional Development Program (PDP), engineered by Moskovitz and Steve Whitlock, Director of Educational Services and Safety along with input from coaches, club owners and athletes. PDP has four levels: program

Level I incorporates ACEP's *Rookie Coaches' Gymnastics Guide*, and Level II requires coaches to complete the *Leader Level Sport Science Course*. Levels III and IV have yet to be developed.

"We've held 15 National Level I classes since last May," Moskovitz said. "About 2,200 coaches have been accredited at Level I." Level I is geared to coach new gymnasts, Level II for coaches of athletes in the early stages of competition.

"Program administrators and club owners are very enthusiastic about standardizing credentials and criteria for gymnastics coaches," Moskovitz said. "Their number one question is, 'What qualifies you as a gymnastics coach?'"

Some clubs are even train-

ing Level I credentials as an employment requirement. "That's up to the individual clubs," said Moskovitz. The *Rookie Coaches' Gymnastics Guide*, he added, is perfect for Level I. "We've sold more than 1700 guides," he said. "The coaches' reactions have been extremely favorable. The material is straight on. And," he continued, "Successful Coaching is seen as the key to sport science."

The real emphasis of the Professional Development Program, Moskovitz concluded, "is to professionalize coaching, to prepare gymnastics coaches, and to provide comprehensive, meaningful materials for the advancement of gymnastics."

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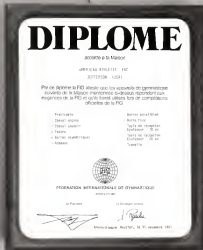
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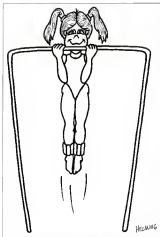
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How Much Weight Can We Hang On Them?

William A. Sands, Ph.D., C.S.C.S.
Department of Exercise and Sport Science
University of Utah



The proper place for adding weight to athletes is during conditioning—not during skill performance.

One of the most important and often abused principles of training is the overload principle. This principle means that an athlete should train with demands on the body that are greater than those normally experienced. Somewhere along the way we often corrupt this idea by thinking we must train to utter exhaustion, or reach complete failure in a muscle or exercise. Some feel "if a little is good, then a lot must be better."

In fact, you can achieve benefits from training while training at only 60 to 70 percent of your maximum. Training with the opposite of an overload, an underload, results in little or no improvement in any fitness characteristic.

Gymnastics facilities often lack sophisticated strength training equipment. This encourages coaches to be imaginative in achieving overload, but it can get out of hand. The primary cause of injury in gymnastics is "overuse." The overuse type of injury simply means that you worked on some body area too much or too hard. The body

area was damaged, because it could not repair itself (rest) fast enough to keep up with training demands. This problem can occur when gymnasts are loaded with "extra" weight. The extra weight refers to added weights such as ankle weights, wrist weights, and so forth.

Gymnastics consists of many plyometric activities. Tumbling is plyometric, jumping, hopping, landing, and other forms of "pounding" or high impact activities are plyometric to some degree. You can think of plyometrics as conditioning by collision. The collisions of gymnastics are unusual in some ways. Tumbling, vaulting, and dismount landings are all forms of plyometrics. If a gymnast is trained long and thoroughly, then these activities are not likely to result in injury. However, if the gymnast is weak, sick, malleable, out of balance, using poor technique, and so forth, then the gymnast is at a much greater risk for incurring an overuse type of injury. The body must gradually acquire the capability of dealing with the high forces

that are inherent to gymnastics.

The most important issue in handling the overload of training is that the overload is optimized. Optimization is also called a "Goldilocks" problem. If you remember the story of "Goldilocks and the Three Bears," you recall that she tried many things in the Bear's house and found some too much, some too little, and some just right. This is how training must proceed. You must train—not too hard, not too little, but just right. Unfortunately, placing extra weights on young bodies can lead to problems. Preadolescent gymnasts are particularly vulnerable to the high levels of pounding that gymnasts take. Most often it is best to err on the side of reducing pounding rather than increasing it. Adding ankle or wrist weights to gymnasts during performance of skills merely increases the amount of pounding on their body ligaments and much more likely to occur.

The proper place for adding weight to athletes is during conditioning—not during skill performance. Several authors who have studied plyometrics in conditioning have indicated³ that the use of extra weights is not only likely to be injurious, but tampers with the sensitive timing aspects of explosive skills like tumbling. This means that ankle weights and other forms of adding weight to gymnasts during plyometric training defeats the purpose of

making the gymnast explosive during jumping. Although some coaches and researchers have indicated that adding weights to ELITE athletes may have some merit, preadolescent athletes are not among them due to immature bones.

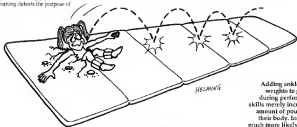
So, if you add weight to an athlete during conditioning, where do you put it? Available information indicates that no more than two to three percent of body weight should be used in weights that are attached to the limbs such as hand and ankle weights. Weights added to the body of the gymnast, in forms like weight vests, can be as much as 10-13 percent of body weight. These guidelines are important because too much weight can be damaging. By and large, the information regarding limb weights (ankle weights) has shown that the addition of the weights has a trivial effect on strength development, and a large effect on predisposition to injury. If it were true that adding weight to the feet made you a better jumper, then figure skaters should be able to leap over the ice rink. In fact, figure skaters are not exceptional jumpers. Also, if the weight of the skate (which is several pounds) were helpful in getting athletes to lift their legs very high, then why don't figure skaters lift their legs to vertical when they perform arabesques and other dance related movements?



There appears to be a logical contradiction here. Making someone strong and powerful is more complicated than just adding weight to his/her limbs. Probably the best place to add weight to a gymnast is near the center of gravity (around the waist or in a weight vest). This forces the gymnast to move a somewhat heavier body, and not just a heavier foot or hand.

Added weights should not be used with athletes of middle and lower qualifications while doing explosive tumbling,

pumping, landing, or similar skills. Some benefits may be gained when ELITE athletes use such methods, but this is a very small percentage of the total number of gymnasts in the U.S. Athletes of middle and lower qualification should use traditional strength training methods (i.e. weight training, calisthenics, etc.). These methods will help them develop the foundational strength necessary to use more advanced strength and power training methods, such as plyometrics.



Adding ankle or wrist weights to gymnasts during performance of skills merely increases the amount of pounding on their body. Injuries are much more likely to occur.

DANGERS OF NOT EATING ENOUGH . . .

FAT



It's hard to have energy to achieve goals when your body doesn't receive the proper nutrition.

At age 13, Sarah is one of the best gymnasts at her club. Sarah's weight is not a problem. She eats regular meals and occasional snacks. She doesn't count calories, nor does she watch her fat intake. She has no problem maintaining her slender figure. She is at her peak performance level.

A year later, Sarah goes through puberty and gains weight. She feels that her weight is getting too high. She decides to go see a nutritionist. He tells her that she can cut down on her fat and calorie intake. Yet she still needs to get all the necessary protein, carbohydrates, iron, magnesium and calcium. He informs her that eating a well-balanced diet and cutting out unnecessary snacks will keep her healthy and take off some

unwanted pounds.

Sarah then begins her quest for slenderness. She begins with cutting out snacks and eating smaller portions of food during meals. Slowly, Sarah begins to lose weight. She realizes that cutting fat from her diet is very helpful. She decides to cut it out completely. Her diet now consists of raw vegetables, apples, bagels, frozen yogurt, dry cereal, and diet cola. Sarah does not eat breakfast. She simply takes a diet drink with her on the way to school. Sarah averages about 600 calories a day. She goes to school and works out at the gym everyday for four hours.

Gradually, Sarah becomes more and more fatigued during workout. She can't understand why she is having such a difficult time making it through simple endurance exercises. She decides to go to the

nutrition store and pick up some vitamins. She didn't see much change, but she did not know that vitamins aren't energy-producing nutrients like carbohydrates and fat (and sometimes proteins), which are used by the body as fuel for working muscles.

Sarah starts complaining about her increased fatigue. Her friends tell her that she needs to eat more. They tell her that she is taking a little too hard. Sarah's response is, "Many girls at the gym tell me I look too thin and that I should eat a little more. They talk about me when I'm not around and say that I don't eat right and that I am unhealthy by not eating enough fat grams and calories. I know that they just don't have as much willpower as I do so they're saying those things because they are jealous. That's the only reason they

By Franci Niles, edited by Valery Ubbes.

want me to eat more. There's not a lot of people that have enough willpower to consume only 680 calories and a low fat intake."

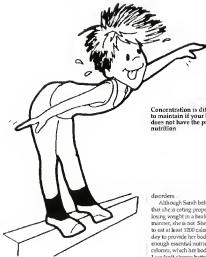
Many gymnasts are correct believing that a diet low in fat is healthy for training, because it limits weight gain. In fact, dietary fat at nine-calories per gram produces twice as many calories as carbohydrates, and protein foods at four calories per gram! However, quite often gymnasts like Sarah become obsessed with dietary fat in foods and go too far in attempting to eliminate fat in their diets. Fat is an important nutrient which the body needs to function normally. Fat serves as a component, it is the structure of cell membranes, and helps in the manufacturing of hormones important for metabolism and reproduction.

Extremely low body fat can lead to short and long term complications. For instance, when the body does not have enough essential fat to use for energy, it begins to use muscle mass to compensate, thus resulting in muscle atrophy, which is a decrease in the size of muscle tissue. Along with skeletal muscle, the heart is a muscle, too. Both skeletal and cardiac muscles can be metabolized for fuel when gymnasts crash diet or eat too few calories compared to their energy expenditures. Atrophy of the heart muscle can lead to atypical heartbeats known as arrhythmias. Too low body fat in women frequently leads to hormone irregularities and amenorrhea, which is an erratic or nonexistent menstrual cycle. While women can ovulate without menstruating, thus being fertile and able to become pregnant without a period, a greater concern may be oligomenorrhea (irregular menstrual cycles). Gymnasts in their teens with oligomenorrhea are a greater risk for developing stress fractures, scoliosis (spinal curvature), osteoarthritis (joint injuries), and later fertility complications. These conditions result

when there is an imbalance in the hormone estrogens (manufactured from essential body fat), which ultimately decreases the absorption of calcium from the blood into bones and teeth. Since skeletal bone development is more rapid in the first three decades of life, gymnasts who limit both dietary fat and calcium-rich foods in their diets can precipitate osteoporosis, which is a thinning and brittling of bones.

Gymnasts who consume inadequate food calories like Sarah can suffer from burnout. Burnout can lead to mental and physical exhaustion. Over time, Sarah's body will be more susceptible to disease and disorders, because her immune system will have lowered

resistance to mental and physical stress. At least 1200 calories of food are needed daily by the body to function normally. Fewer than 1200 calories is often interpreted by the body as a starvation state which causes the body to shut down and protect itself from *swinging away*. A gymnast like Sarah who consumes only 680 calories per day plus expends several hundred calories during training may actually be limiting her body to store any and all food calories it receives. Over time, body weight is maintained and stabilized. Consequently, gymnasts feel they need to consume even fewer calories (or no calories at all) in an attempt to take off extra pounds. This puts gymnasts at risk for eating



Concentration is difficult to maintain if your body does not have the proper nutrition

disorders.

Although Sarah believes that she is eating properly and losing weight in a healthy manner, she is not. She needs to eat at least 1200 calories per day to provide her body with enough essential nutrients and calories, which her body lacks. Less isn't always better. To feel, function, and perform better, Sarah needs to strike a balance between carbohydrate, protein and fat foods in her diet. Limiting foods high in dietary fat may help to lower body fat, but for the many reasons stated above, dietary fat should not be eliminated from the diet.

So, if and when you decide to diet, be smart and remember that you need to consume all of the nutrients of a healthy diet. Eliminating essential nutrients will only hinder your performance as well as your health. There is a big difference between limiting dietary fat and eliminating dietary fat. The difference will have an effect on the rest of your life. Make the right decision now.

Read more Sports Fitness Information on page 41.



BRIAN McVICKER
Tallahassee, Florida

Brian, 13, is a Level III optional gymnast and trains at Ron Galante's Athletic Training Center, where he is coached by Ron Galante and Kevin Steadiff. Brian was the 1991 Class III C Regional champion and the 1992 Class III C&O Regional Champion. He also placed second all-around in the 1990 State Meet. He spends 30 hours a week in the gym while maintaining straight A's.

DONIELLE THOMPSON
Colorado Springs, Colo.

Donnelle, 11, was the #1 ranked junior National State gymnast (formerly junior 10) in the U.S. for 1992. She began the year with a sweep of the Pike's Peak Invitational Cup taking first in every event. She also took first in the all-around on vault and bars at the U.S. Classic. As a member of the U.S. team, Doni swept the field at the International Modern Olympic Festival.



HENRY RAMIREZ
Aguares Hills, Calif.

Born and raised in Aguares Hills, Henry attended San Jose State where he earned his B.S.A. He worked as an Instructional Asst. to the Athletic Director and then joined Bela Karolyi as an Elite Program Coach. Eager to find a club of his own, he joined Monarchs National Gymnastics Training Center in 1991 as Athletic Director and Head Girls Coach. His confidence has quickly been recognized.

Would you like to be included in

the *Faces in the Gym* Section? Send a recent photo and a paragraph of information to: USA Gymnastics, Faces in the Gym, Pan American Plaza, 201 S. Capitol Ave., Ste. 301, Indianapolis, IN 46225.

Photos can be black and white or color. Sorry, photos can not be returned.

We'll select a few entries for publication in the magazine each issue.

Hurry and send your entry today. We're all waiting to meet you!

USA GYMNASTICS

Statement of Ownership, Management, and Circulation
 dated August 13, 1993 Issues: July, 1993 United States Code Title of Publication: USA GYMNASTICS Publication No. 0749-0036 Date of Issue: September 30, 1992 Frequency of issue: bi-monthly Number of Issues annually: six Annual subscription price: \$25.00 Complete mailing address of known office of publication: 201 S. Capitol Ave., Suite 300, Indianapolis, Ind. 46225 Complete mailing address of headquarters of the general business office of the publisher: 201 S. Capitol Ave., Suite 300, Indianapolis, Ind. 46225 Publisher: Michael J. Licko 201 S. Capitol Ave., Suite 300 Indianapolis, Ind. 46225 Editor: Laura Pittard, 201 S. Capitol Ave., Suite 300, Indianapolis, Ind. 46225 Owner: USA Gymnastics, 201 S. Capitol Ave., Suite 300, Indianapolis, Ind. 46225

Extent and Nature of Circulation	Average*	Actual**
Total No. of Copies	55,418	56,440
Print Circulation	0	0
Total Circulation: Total Subscription	51,334	52,465
Total Paid Circulation	51,334	52,465
Free Distribution by Mail:	390	325
Carriers or Other Means		
Street Vendors, Counter Sales and Other Paid Copies		
Total Distribution	51,724	52,790
Copies not Distributed	1,694	1,250
Return from News Agents	0	0
Total	53,418	54,040

*Average no. copies each issue during preceding 12 months
 **Actual no. copies of single issue published nearest to filing date
 I certify that the statements made by me above are correct and complete. John Howell, USA Gymnastics Controller

Editorial (continued from page 6)

in our good hands, bringing optimism to our future.

It wasn't too long ago that we looked at coaching as teaching back handsprings, circles on the pommel horse or the beginning level compulsions. Now, the definition of coaching has an extremely broad perspective and we look at the total development of our athletes. Success is not only measured by how many athletes a coach can place on the awards stand, but also by personal achievement, the creation of a strong work ethic, the ability to create an appreciation and an understanding of opportunity, and a true enjoyment of the activity.

Our coaches continue to get better and better. As our sport's horizon expands, more pressure



COACHES EDUCATION

will be put on our coaching professionals for the appropriate and necessary credentials. Higher standards of safety and professionalism will be needed and a greatly improved educational environment will be provided to our participants and athletes. As coaches continue to improve, our sport's greatest resource, our young athletes, will benefit the most.

EDUCATIONAL MATERIALS

VIDEOTAPES

- U.S. OLYMPIC TRIALS**
June, 1992 - Baltimore, Md.
- #2167 - **Women's Optionals** — Miller, Zmeskal, Strug, Dumas, Kelly, Bovee, Rondon, Gervais, McDermott, Crundall, Sorrenti/Jumper, Bologach/1-10... \$14.95
- #2167 - **Men's Optionals** — Kozwick, Walker, Ruchlinsberger, Lynch, Dumas, Minicucci, Ringwald, Hanks, Dumphrey, Kirksey, Wallington, Harrison/Selick, Caputo, Asano, Thomas, McKernan, Schlesinger, Lakes, Ryan/1-10... \$14.95
- #2167 - **Rhythmic Optionals** — Lovell, Levinson/Sapetto, Simpson, Hunt, Lovell, Bushnell, Newman, Vanderploeg, Ali... \$14.95

- RSG WORLD CHAMPIONSHIPS**
Athens, 1991
- #2165 - **Group Finals**... \$84.95
- #2166 - **Individual Finals**... \$14.95

- OTHER**
- NEW #2129 — 1992 Elite Compulsory Beam & Floor Testing Exercises—National Team

- Concha Music! Grosfeld and Tamara Biggs instructs Elite National Team members at the August, 1992 Training Camp... \$14.95
- NEW #2109 - (Master Doctor Horowitz's) Lectures/Clinic, 9/20-21/92, Anaheim, CA, 2 parts - total 9 hrs. in SLP... \$39.95
- #2109 - Round-off Entry Vault Training Video—Training Tips... \$19.95
- #2101 - 1992 U.S. Men's National Championships - Class I & II Event Finals May 10, Austin, TX... \$15.95
- #2144 - Feature Tapes in Men's Gymnastics Tapes by M. Waterhouse (256) ... \$14.95

- U.S. CHAMPIONSHIPS — May, 1992**
- #2156 - **Women's Competitions**
Senior Women - Competition in, It, and Event Finals Zmeskal, Strug, Camp, Dumas, Borden, Kelly, etc. (5-42 long SLP format)... \$21.95



- #2157 - **Women's Competitions**
Junior Women - Compulsories, optionals and all-around exercises (2-40 long - SLP format)... \$14.95
- #2205 - **Men's Competition**
National Team Optionals from the preliminary rounds & FINALS... \$24.95
- U.S. RHYTHMIC CHAMPIONSHIPS**
May, 1992 - Colorado Springs, CO
- #2204 - **Senior All-Around Finals** including Sapetto, Hunt, Bushnell, Simpson, Heather Lovell, etc... \$12.95
- #2208 - **Junior All-Around Finals** including Tracy, Daval, Ward, Fredrickson, etc... \$12.95

- SPORTS MEDICINE**
- #2140 - **How to Tape an Injured Gymnast** - In 2 parts: 135 minutes and 85 minutes. This tape was prepared by Larry Nassar, ATC... \$19.95
- #2140 - **Back Exercises for the Gymnast**
A video designed to lessen the problem of back pain in the gymnast. With the use of a skeleton and gymnasts L.Nassar, ATC, demonstrates how body positioning, flexibility, pelvic stabilization & muscular exercises are beneficial. \$14.95... \$19.95

PUBLICATIONS

- NEW #4614 - **Creating Gymnastics Programs and Routines** - Fodero & Farber (1992) - Filled with building a safe and fun with thorough instructions and guidelines found in the guide. Chosen from 268 carefully illustrated and explained routines... \$18.00
- NEW #4616 - **Marketing Health/Fitness Services** - Gerson (1992) - This is the first Marketing guide for health/fitness services that shows how to enhance the business side of an operation and achieve optimal profit with minimal financial risk... \$21.00
- NEW #3601 - **Fitness Fun: 85 Games and Activities for Children** - Foster, Haringer and Smith (1992) - This book provides children with unique activities that consider muscle strength, muscular endurance, flexibility, and cardiorespiratory fitness... \$12.00
- #3606 - **Basics Coach's Gymnastics Guide** - USA Gymnastics/ATC (1992) - The basic coaching gymnastics providing coaching principles related to sport psychology, sport philosophy, teaching and planning, injury prevention and care, and liability concerns. This is used as one component of the USA Gymnastics PUMP Level I Coaching Accreditation... \$9.95

- #4604 - **Sequential Gymnastics II: The Instructor's Guide** - Hader (1992) - Used in conjunction with Level I Coach Accreditation, this book is designed especially for the gymnastics teacher to provide basic gymnastics skill progressions... \$13.00
- #4611 - **I Can Do Gymnastics** - Hader (1992) - This is the student version of *Sequential Gymnastics II*. The book includes check sheets for the gymnast to record his/her progress... \$13.00
- #4609 - **Gymnastics Safety Manual, 2nd edition** (1992) - This book is used as the text for the USA Gymnastics Safety Certification course... \$14.95
- #4602 - **Trampoline Safety Manual** - If you use trampolines in your club, you should have a copy of this book!... \$9.95
- USA Gymnastics Safety Posters** - display these in your gymnasium:
#4601 - 1 Safety Guidelines... \$5.00
#4602 - 2 Responsibilities of the Gymnast... \$5.00
#4603 - 3 Mat Safety... \$5.00
#4604 - 4 Safety First!... \$5.00

- #4613 - **The Fifth Event** - Sands, et al (1992) - A comprehensive conditioning plan designed for the demands of women's gymnastics. The components of the plan include the Calisthenic Strength Program, the Flexibility Program, and Injury Prevention Exercises... \$12.50
- #4612 - **Gymnastics: A Guide for Parents and Athletes** - Torrey (1992) - This is an excellent book for beginners as well as experienced gymnasts. It contains vital information to guide parents and athletes in choosing a gymnastics program that will best suit their needs and also gives pertinent information on safety, conditioning, and the guidelines which govern the sport... \$15.00
- #4615 - **Gymnastics: A Comprehensive Guide to Performing and Teaching Skills for Beginners and Advanced Beginners** - Tardif (1991) - All of the skills covered in this text are A-level or easier. Each skill is presented with a description of how it should be performed, a short list of common problems, and teaching suggestions. Covers men's and women's events... \$21.95

Use the Order Form on page 45 to order any of these videos or educational materials.

USA GYMNASTICS

Safety Certification

SCHEDULED COURSES

Sunday, January 3, 1993

Mt. Laurel, NJ 9:00 a.m.-4:00 p.m.
Jersey Jets Gymnastics Club
Roland Avenue, Mt. Laurel, NJ
Course Dir. Phil Frank (609)756-3677
Local Contact: Eileen Houghton
(609)866-8511

Sunday, January 10, 1993

Cocoaville, SC 9:00 a.m.-3:00 p.m.
Piedmont Academy of Gymnastics
2395 Rutherford Rd.
Cocoaville, SC 29029
Course Dir. Robert White (803)688-3790

Tuesday, January 12, 1993

Tacoma, WA 5:00 p.m.-9:00 p.m.
Lakewood YMCA, on Lakewood Blvd.,
Boond Room, Tacoma, WA
Course Dir. Leigh Eaton (206)874-1363
Local Contact: Barbara Hensley
(206)756-1729

Sunday, January 17, 1993

1. Rochester, NY 9:00 a.m.-3:00 p.m.
Gymnastics Training Center of
Rochester, 1606 Penfield Rd.
Rochester, NY 14625
Course Dir. Sarah Jane Clifford
(716)556-9580

2. Scottsdale, AZ 4:00 p.m.-8:00 p.m.
Desert Devil Gymnastics
7800 E. Pulte St.
Scottsdale, AZ 85257
Course Dir. Quin Shannon (602)990-9962
Local Contact: Judy Simpson (602)943-3494

Sunday, January 24, 1993

Oak Lawn, IL 9:00 a.m.-4:00 p.m.
Oak Lawn Park District, 9011 S. Oak Park
Avenue, Oak Lawn, IL
Course Dir. Gerald Deak (708)673-8511

Saturday, January 30, 1993

Buffalo Grove, IL 8:00 p.m.-8:00 p.m.
Buffalo Grove Gymnastics Center
1362 Barclay Blvd.
Buffalo Grove, IL 60089
Course Dir. Monte Kunes (312)347-6770
Local Contact: Gary Decker (708)459-8842

Friday, February 26, 1993

Charlotte, NC - 2:00 p.m.-6:00 p.m.
Ratlisson Hotel in Charlotte
Course Dir. Billy Bob Taylor
Local Contact: Sandy Weyandt
(704) 564-1277

Sunday, February 28, 1993

1. South Plainfield, NJ -
10:00 a.m.-4:00 p.m.
Course Dir. Cathy Pinski (201)596-1808

2. Downer's Grove, IL -
9:30 a.m.-4:00 p.m.
Indian Boundary YMCA, 711 59th St.
Downer's Grove, IL 60516
Course Dir. Gerald Deak
(708)273-9531

Friday, March 5, 1993

Orlando, FL - 9:00 a.m.-3:00 p.m.
Radisson Plaza Hotel Orlando,
82 South Orange Blvd.
Orlando, FL 32804
Course Dir. Dave Moskonita
(317)537-5050

This course will be held in conjunction with the
1993 McDonald's American Cup

Saturday, March 27, 1993

Louisville, KY 10:00 a.m.-3:30 p.m.
Louisville Gymnastics Club
3600 Charleston Lane
Suite 200
Louisville, KY 40241
Course Dir. Kevin Spencer (502)426-2214

Sunday, October 3, 1993

Flemington, NJ 10:00 a.m.-4:00 p.m.
Course Dir. Cathy Pinski
(201)596-1808

1. The test book for the Certification Course is the USGF GYMNASTICS SAFETY MANUAL. This text/reference manual is to be purchased and studied prior to course participation.
2. The course will take approximately six hours including the test.
3. Certification is good for four years.
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Course Director _____

Course Location: _____ Date: _____

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January

- | | | |
|-------|--------------------------------------|------------------|
| 1-4 | FIG Continental Course (M) | Plant City, FL |
| 8-9 | West Point Open (M) | West Point, NY |
| 10-14 | FIG International Judging Course (R) | Rome, FLA |
| 15-17 | National Site Judging Course (R) | Indianapolis, IN |

February

- | | | |
|-------|------------------------------------|----------------------|
| 5-6 | USGF Winter Cup Challenge (M) | Colorado Springs, CO |
| 17-23 | FIG Continental Judging Course (R) | Colorado Springs, CO |
| 20-27 | Jr. National Team Camp (M) | Colorado Springs, CO |
| 21 | USGF Rhythmic Challenge (R) | Colorado Springs, CO |
| 27-28 | Regional Elite Meets (W) | Various Sites |

March

- | | | |
|-------|--|-----------------|
| 5-6 | McDonald's American Cup (M/W) (TV) | Orlando, FL |
| 7-9 | McDonald's Int'l Mixed Team (M/W) (TV) | Tallahassee, FL |
| 25-29 | American Classic Nationals (R) | TBA |

April

- | | | |
|-------|--------------------------------------|-----------------|
| 3 | NCAA Regionals (M) | Various Sites |
| 3 | NCAA Regionals (R) | Various Sites |
| 13-18 | World Championships (M/W) | Birmingham, GB |
| 15-17 | NCAA National Championships (R) | Corvallis, OR |
| 16-17 | NCAA National Championships (M) | Albuquerque, NM |
| 17-18 | J.O. Level 9 & 10 Regional Meets (W) | Various Sites |
| TBA | USGF Collegiate Championships (M/W) | Springfield, MA |

May

- | | | |
|-------|-----------------------------------|----------------------|
| 1 | World University Games Trials (R) | Salt Lake City, UT |
| 4-9 | J.O. Nationals (M) | Ann Arbor, MI |
| 7-8 | J.O. Nationals - Level 9 (R) | Colorado Springs, CO |
| 13-16 | J.O. Nationals - Level 10 (W) | Baltimore, MD |
| 30-31 | J.O. Nationals (R) | Colorado Springs, CO |
| TBA | Pro-Am International (M/W) | Reno, NV |

June

- | | | |
|----------|---|----------------------|
| 4-6 | U.S. Rhythmic Championships (R) | Colorado Springs, CO |
| 4-6 | WTC Symposium (W) | TBA |
| 12-13 | World University Games Trials (M) | Colorado Springs, CO |
| 26-27 | Regional Elite Meets (M) | Various Sites |
| 30-Jul 3 | NAMU National Symposium (W) | Ottawa, IL |
| *TBA | Gymnastics Challenge: USA vs Japan (TV) | Japan |

July

- | | | |
|--------|-------------------------------|------------------|
| 8-10 | World University Games (M/W) | Buffalo, NY, USA |
| 17-18 | Regional Elite Meets (M) | Various Sites |
| 21-Aug | U.S. Olympic Festival (M/W/R) | San Antonio, TX |
| TBA | Elite Judging Course (M) | TBA |

August

- | | | |
|-------|---------------------------------|--------------------|
| 6-9 | U.S. Classic Nationals (R) | TBA |
| 28-29 | U.S. Championships (M/W/R) (TV) | Salt Lake City, UT |

*(Dates & Events Subject to Change - see Current Status) * - Tentative
Allison Hurlingham, Director of Special Events*

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Training for the 1992 Olympic Games

OLYMPIC DEVELOPMENT PROGRAM

Approximately 180 boys ages 10-11 meet in USGF Regions across the United States, October 10-11, to be tested on basic gymnastics skills through the Olympic Development Program Skill Evaluation. The purpose of the program is to identify talented gymnasts in this country, reinforce good basics and expose their gymnasts and their coaches to higher level technique and skills. The Olympic Development program has served our system well as evidenced by the number of senior national and Olympic team members who were participants in the program. The evaluation process has changed a great deal over the last decade, however, education and identification are still the cornerstones of the program.

The top 25 10-11 year old male gymnasts in the country, ranked at the Olympic Development Program Skill Evaluations, are listed below. These gymnasts make up the Olympic Development Team and, along with their coaches, will be invited to participate in an Olympic Development Training Camp this summer in Colorado Springs, Colo.



Clayton Strother

Olympic Development Program Results

#	NAME	CLUB	COACH	LOCATION
1	Clayton Strother	Mountain Gym, Asht	R.E. Hoffman	Emmett, ID
2	Adam Russell	Gym Central, Inc.	Chuck Russell	Boston, MA
3	Heath Mueller	California Joe	Steve Henderson	Edmond, OK
4	Scott Baum	Richards	Jim Rutten	Richards, TX
5	Walt Becker	USA Gym, Miami	Chris Leach	Florida City, FL
6	Chris Thompson	Wesley West	Carl Kras	Spring Hill, TN
7	Paul G. Leary	Carl Farlick	Stanley Smith	Spring Hill, TN
8	Brandon Rasmussen	Top Flight	Greg Cummings	Phoenix, AZ
9	Stanley Edwards	USA Gym, Miami	Chris Leach	Florida City, FL
10	Isabel Martinez	Spain	Ted White	San Jose, CA
11	Isabel Lopez	Pittsburgh Handicap	Mark Hirsch	Wichita, KS
12	David Olson	Gym, Center of San Diego	Dawn White	San Diego, CA
13	Brent McClure	Colorado Star Gym	Sharon Ross	Springfield, MA
14	Anthony Hensley	Cypress Academy	Bill Foster	Houston, TX
15	Ken Cunningham	Bullitts Creek Gym	Randy Crumley	Bullitts Creek, IL
16	Colby Adams	Arkansas Rangers	Ben Ferguson	Stamards, AZ
17	Eric Sawyer	Metropolitan Center	David Kline	Edmond, OK
18	Paul Harkin	Seattle Thrasher	Robb Gaudin	West Allis, WI
19	Jack Leach	Springfield Gym, CA	Jan Rude	Springfield, MO
20	Isabel Martinez	Spain	Jack Brown	California, CA
21	Garrett Hall	Florida Olympians	Al Dickson	Coltsville, NC
22	Brandon Rasmussen	Metropolitan Center	David Kline	Eugene, OR
23	Isabel C. Lee	Metropolitan Center	Isabel Martinez	Spain, CA
24	David Rasmussen	Springfield Gym	Jan Rude	San Jose, CA
25	James Leach	Spain	Danny Baker	San Diego, CA

Fit Or Fat— Perception Vs. Reality

American parents believe that their children are in good physical shape, according to the "Fit or Fat" study conducted by Louis Harris and Associates for *Pentaton* magazine.

In fact, Thomas Dylchid, the magazine's director of research, reported that 87 percent of parents surveyed believe their child is "physically fit," while just 14 percent say their child is out of shape.

Despite parental perceptions that their children are fit, current data does not support those assumptions. The report cites several surveys, including one conducted by the Amateur Athletic Union for the Chrysler Fund that measured children for endurance,

strength, and flexibility and found that between 1980 and 1988, the percentage of children achieving overall satisfactory performance dropped from 45 percent to 32 percent.

The 1990 Youth Risk Behavior Survey conducted by the Centers for Disease Control found that exercise levels decrease among children as they get older. While 40 percent of sixth grade students, for example, get vigorous exercise three or more times a week, only 32 percent of the 12th graders can make similar claims. The same study revealed that while 94 percent of 6- to 9-year-olds are enrolled in physical education programs, only about one-third participate in them every day.

Mary Lou's Fitness Club Launched

Olympic gold-medal gymnast and President's Council on Physical Fitness and Sports special adviser Mary Lou Retton has launched a pilot program in selected elementary schools to increase student awareness of the importance of good nutrition and physical fitness.

Youngsters participating in Mary Lou's Fitness Clubs agree to give up junk food one day each week and to eat

vegetables and fruits instead. They also pledge to forgo watching television for one day to play sports or do some form of physical activity.

Under terms of a "contract" signed by students, parents and teachers, participants report weekly on their activities, and the information is recorded on Mary Lou's fitness chart. Club members also receive Mary Lou's fitness newsletter.

Mary Lou's fitness club is one of nine Education First programs sponsored by Hills Department Stores that support schools' educational goals by rewarding students for good academic performance, staying in school, saying no to drugs, and being environmentally conscious.

Precompetition Meal Tips

Scientists have researched both the timing and the content of the precompetition meal and have found that there is no one menu for all to follow. Performance depends more on the foods and beverages consumed for days, even weeks, before an event.

Nutritionists offer this "golden rule" for athletes preparing to compete: eat familiar foods and drink plenty of water.

When planning the precompetition meal, first select foods and beverages both liked and well tolerated. The meal should also be familiar foods. The day of a competition is not the time to try a new food or diet. For instance, a Midwestern athlete who normally eats meat and potatoes may be tempted to eat fresh exotic fruits when competing in California. It's best, however, to wait until after the competition to try any local specialties. Any time new foods are eaten the risk of getting gastrointestinal distress such as diarrhea is possible.

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Coach wanted Girls Levels 4-7 and preschool experience a must. Highly motivated, energetic and serious-minded people looking for a career not only only. Full time + benefits. Send resume/Salary requirements to: Y.A.C.I. 8758 N. Canyon, Kansas City, Missouri, 64119 (816)891-1077.

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Gymnastics

Who Wants to be Normal?

Throughout the 1992 Summer Olympic Games held in Barcelona, the sport of Women's Gymnastics received tremendous media coverage. The clean-cut image of these young athletes showed up in scores of television commercials, magazine features such as *Newsweek* and *Time*, as well as in major newspaper columns like *USA Today*. Almost every form of media kept us informed of the progress in Olympic gymnastics. In fact, it was one of the most highly watched sports in the Olympic Games. Unfortunately, some of the media coverage was negative. Of all the poisonous angles—"career-hogging coaches," "cheerleader-win models," even "sport is another form of child abuse"—the one I cannot understand is the charge of some journalists that these athletes somehow were "robbed of their childhoods." The comments were made in reference to the years of hard work and practice in the sport and not being able to experience the "normal" things in life, like other children. Most of the headlines were made over the fact that Bela Karolyi-trained Kim Zmeskal was the favorite coming into the competition but experienced

some unfortunate mistakes which put her out of first place contention. Immediately the journalism assumed that this athlete had wasted her life—all in one evening—and certainly did not help make Zmeskal feel any better by throwing it in her face on national television every chance they could. Even Zmeskal's parents got dragged into it. This assumption made of 46,004 gymnasts in the USA Gymnastics program was made by observing her. Not quite a valid survey sample, I would think.

But let's look at the life these athletes do lead. Can there be long hours, early mornings, late nights, juggled schedules, missed parties and parties? Yes. And then there is another side. These young athletes learn discipline. This self-discipline shows up in all facets of their lives. They learn the ability to study well for academics. They learn to stick with a problem until it is solved and not to give up. Gymnasts learn self-respect through the progress of their training, positive self-image through the accomplishments over the years, and confidence through the realization of their efforts. I cannot begin to list the number of athletes I have seen make dramatic

positive changes in their self-image through this sport.

Gymnastics is unique. You do not rely on your teammates as much as, say, football. It is more an individual sport and a gymnast can do well individually as well as with the team, as in the case of Shannon Miller.

Let's look at even more tangible benefits of gymnastics. There are fewer gymnastics training centers than most sport facilities. Because of this, our athletes travel extensively from an early age. These athletes get to visit and experience places that some of us may never see. While their classmates study geography books, these athletes live it. Over the years, athletes I have trained have traveled to Japan, France, Germany, England, Canada, Belgium, Cuba and South Africa, not to mention practically every major city in the United States and Hawaii. To see first-hand how other cultures live, how fellow Americans live in other states and learn of their histories, is the best hands-on education I can think of. Over the years, gymnasts perform in schools, county and state fairs, senior citizens centers, college football and basketball hall-fame shows, professional baseball games, theme parks, charity fund-raisers and

World Fairs. They have the opportunity to meet other great athletes, not to mention mayors, governors and presidents. Most of all they won't be "normal."

Looking at it another way, the average school-age child gets blasted every year in the media for failing the President's Physical Fitness tests given across the US. I promise you, the average gymnast far exceeds those tests.

Where would our confidence be if we encouraged all our children to be "normal?" There would be no individuals like Mozart, Thomas Jefferson, Einstein, Billie Jean King and so on. Athletes I have coached have gone on to become physicians, lawyers, teachers, coaches, accountants, therapists, businesswomen, linguists and bankers. These young women, supposedly robbed of their childhood, have become productive leaders in their communities. No, I don't think this sport—or any sport—"robs" its participants of anything, except being "normal." To that I say, thank goodness.

By Jim Roe, Owner & Head Women's Coach Virginia International Gymnastics School, Inc.



Seeing Straighter Handstands

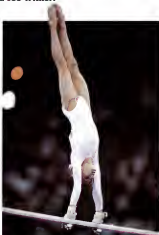
By Dr. Ken West and Joe Wickert

Good handstands are essential! They are a basic skill used in men's and women's gymnastics, on floor, bars, vault, rings, pommel horse and on beam. Since this skill is the foundation for so many other skills, it should be a focus during training. A straight handstand is a necessity for success.

Whether swinging out of a handstand, pressing into it, or progressing through it, the basic technique of a handstand is the same—Neutral head position, tight straight body, and extension through the shoulders, are the keys to a handstand. Sounds easy enough, but why do gymnasts often experience trouble executing handstands?

One of the problems seems to be maintaining the neutral head position. Some coaches teach handstands with the arms touching the shoulders to ensure neutral head position. This way the gymnast can check to see if the head is neutral and may have an excellent handstand, but the gymnast can't see body position or anticipate movement. This method does not totally solve the problem of neutral head position. In an effort to utilize the visual system properly, so the gymnast can envision body movement, a gymnast must be taught to keep the head in a neutral position as possible.

Teaching a gymnast how to use the head in most nearly close



Shannon Miller, Olympic Silver Medalist, demonstrates a handstand during her bar routine.

on a low single bar. Have the gymnast cut to a handstand and support the gymnast. Give instructions to move his/her head until he/she can see only one ball of the bar with the other one ball being obscured by their eyebrows. The gymnast will also see only one ball of their hands for the same reason. This position forces the gymnast to

keep his/her head in a neutral position as possible, allowing for the most effective muscle action. It also provides a method to visually check if the head position is neutral. Using this method, gymnasts can determine how to correct their problem without constant reinforcement by the coach.

No matter where the hand-

stand is performed, the gymnast can utilize this technique while going into or coming out of the handstand. In circumstances where above is not being used, the gymnast can check to see that only one ball of their hands can be seen to know if the head position is correct.

As gymnasts press, swing, or dive into the handstand, the gymnast should concentrate on watching the apparatus rotate through their visual field while keeping the head straight until it comes into the correct position. This makes the muscle action easier and the skill less work. If they press into or swing into this position they should keep the head and eyes in the same position to see where they are while moving on the apparatus. For example, while progressing on a bar the head and eye position stays the same while the upper body does all the work. Also, when swinging out of the handstand, the head stays neutral while the eyes move to see where the body is moving in relation to the apparatus, again allowing for better muscle action.

When the head position is correct, the gymnast can concentrate on tightening, straightening, pushing through the shoulders, and pointing the toes. When all this appears, the gymnast may only see one ball of the bar or one ball of their hands, but the judges and coaches see straighter handstands.

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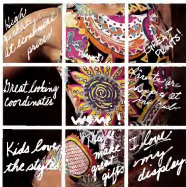
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